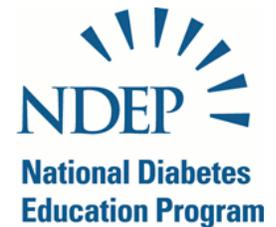


**National Diabetes Education Program
Third Quarter Key Messages
July-September 2012**



Theme: Engaging youth to prevent and manage their diabetes

Goal: To reach youth and young adults with and at risk for diabetes (and their supporters) with important information about managing their diabetes or lowering their risk

Target audiences: Community groups working with families, Hispanic/Latino youth and their families, school personnel, youth with diabetes transitioning from pediatric to adult care and their families, pediatric and adult medicine HCPs, youth at risk for diabetes, and women with a history of gestational diabetes and the children of those pregnancies

NDEP's call to action: For more information, call 1-888-693-NDEP (1-888-693-6337), TTY: (866) 569-1162, or visit www.YourDiabetesInfo.org.

Key Messages:

- About 215,000 (or 0.26 percent) of young people under age 20 have diabetes in the United States.
- If present trends continue, 1 in 3 children born today will develop diabetes in their lifetime.
- Type 2 diabetes, although still rare in young people, is being diagnosed more frequently in children and adolescents.
- Children and teens at risk for diabetes can lower their risk by making healthy food choices and being more physically active.
- When children and adolescents with diabetes take care of their disease, they can delay or prevent serious complications.
- When it comes to ensuring the safety of a child at school, it's important for parents to work with school personnel to make sure that the school understands and can implement their child's diabetes care plan.
- Teens and young adults with diabetes and their families face unique challenges when transitioning from pediatric to adult health care.
- NDEP's **Just One Step** interactive tool, available at YourDiabetesInfo.org/JustOneStep, can help you take the first step toward better health by breaking down goals into small steps that you can achieve.

For year-round media and promotional tips and tools, check out NDEP's [Promotional Toolkit for Partners](#).